Congratulations

Ronna Rowe Garrett, SPHR
Director of Civilian Personnel

Ronna Rowe Garrett, Director of Civilian Personnel for XVIII Airborne Corps & Fort Bragg recently earned certification as a Senior Professional in Human Resources (SPHR).

The certification, awarded by the Human Resource Certification Institute (HRCI), signifies that Ms. Garrett possesses the theoretical knowledge and practical experience in human resource management necessary to pass a rigorous examination demonstrating a mastery of the body of knowledge in the field.

Certification as a human resource professional clearly demonstrates a commitment to personal excellence and to the human resource profession," said Susan Meisinger, SPHR, President and CEO of the Society for Human Resource Management (SHRM). HRCI awards two levels of certification: Professional in Human Resources (PHR) and Senior Professional in Human Resources (SPHR).

To become certified, an applicant must pass a comprehensive examination and demonstrate a strong background of professional human resource experience.

HRCI is the credentialing body for human resource professionals and is affiliated with the Society for Human Resource Management (SHRM), the world's largest organization dedicated exclusively to the human resource profession. The Institute's purpose is to promote the establishment of professional standards and to recognize professionals who meet those standards.

Please join us in congratulating Ms. Garrett for this great accomplishment!

NONAPPROPRIATED FUND HUMAN RESOURCES CENTER

A Quarterly Informational Brief for Nonappropriated Fund Employees

February 2006 – Volume 1

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SANDRA LEDFORD
NAF Human Resources Officer

Fort Bragg, NC 28310-5000

NAF JOB LINE: 396-3113
INFORMATION: 396-8933

RONNA ROWE GARRETT, SPHR
Director of Civilian Personnel

COLA NEWS

Effective 06 JAN 06, all NF-3, NF-4, NF-5, and CC employees received a 5.62% pay adjustment. Fort Bragg will now fall under Raleigh-Durham. Please click below for printable wage schedules:

http://www.cpms.osd.mil/wage/wage.html
http://www.opm.gov/oca/06tables/html/ra_h.asp

FORT BRAGG TAX CENTER

Great Services – It's Free!

The Fort Bragg Tax Center is open The Tax Center provides free tax preparation, electronic filing and tax form distribution for federal and all state tax returns.

It is located on the corner of Macomb and Armistead Streets in the basement of Bldg. 2-1133. The number is 396-1040 or 396-TAXX.

The service is available to active duty service members, to include Reservists and National Guardsmen on active duty orders for more than 29 days. Family members, and retirees are encouraged to take advantage of the Tax Center.

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FORT BRAGG TAX CENTER (Cont'd)

Assistance is provided on a walk-in basis.

In order to have returns prepared, taxpayers must:

(1) Arrive at the Tax Center no later than one hour prior to closing.

(2) Bring your W-2 forms, which can be downloaded from the DFAS MyPay website at ***https://mypay.dfas.mil***. A copy of an LES **cannot** be used.

(3) Bring your military/dependent ID card.

(4) Bring Power of Attorney if filing for another person or filing married/jointly without your spouse present and any tax forms they have received in the mail.

(5) If you would like to get your refund faster by direct deposit, please bring a cancelled check.

The Tax Center cannot prepare or file taxes without the necessary paperwork.

Information can also be obtained through our website at:
http://www.bragg.army.mil/18abn/announcements.htm

REMEMBER
If you are a solider, retiree or dependent, and you are paying someone to file your taxes, chances are you are paying too much.

File with Fort Bragg Tax Center
File for Free!

How are we doing?
"Don't think twice...say it

ICE Interactive Customer Evaluation

Do you have an ?

We welcome your suggestions. If you have an article you would like published, please click below to email Jo Epps: jo.epps@us.army.mil

Important Electronic W-2 and Electronic LES Information

On April 29, 2005, the Under Secretary of Defense Comptroller and the Under Secretary of Defense for Personnel and Readiness signed the new Policy for Electronic Wage and Tax Statements and Leave and Earning Statements.
Click here to see the memo.

Effective July 1, 2005, all military members and Department of Defense (DoD) non bargaining unit civilian employees with a customized PIN, who access myPay are consenting to receive only an electronic W-2 and Leave and Earning Statement (LES). Click here to see more information.

1099R Information
Effective September 1, 2004, all current myPay military retired users who request or already have a myPay Personal Identification Number (PIN) and access myPay are consenting to receive only an electronic 1099R. They may, however, elect to receive a hardcopy 1099R. Click here for more information.

Tax Statements for 2005 Available on myPay
-- Retirees 1099R: 16 December 2005
-- Annuitants 1099R: 16 December 2005
-- Army, Navy and Air Force Reserves W-2: 31 December 2005
-- Civilians W-2: 9 January 2006
-- Marine Corps Active Duty and Reserves W-2: 10 January 2006

- How do I get a new PIN !
- About your Personal Identification Number (PIN)
- LES Display and Delivery
- Military Thrift Savings Plan (TSP)
- System Availability
- Assistance/Customer Support
- More FAQs

JoAnn M. Clark
DMWR, Financial Mgmt. Div.
Budget Analyst

Tyler Freeman
Lodging
Supervisory Facility Specialist

Nicholas Leggio
Business Manager
Sports USA

Michael Riles
Assistant Business Manager
Officer's Club

RETIREES

Quincy Billops
Lodging

Eli Crowell
Smith Lake

Ron Grooms
Lodging

Job Shadowing

Job shadowing provides a variety of benefits for local students. It shows students how education can be translated into rewarding futures and provides hands-on experience that links schoolwork to real life.

Job shadowing is an academically motivating activity designed to give kids an up-close look at the world of work and to answer the question, "Why do I have to learn this'"

Fort Bragg was named by the America's Promise Alliance as one of 100 Best Communities for Young People. *(Please click for more information.)*

If you are interested in participating in the job shadowing program, just log on to www.jobshadow.org for more information and to browse an online training presentation.

New Policy for Cell Phone Use on Pope

Are you guilty of this?

If you answered yes, you probably want to take the new cell phone use policy seriously.

Excerpt from AFI 31-204, POPESUP1 dated 10 July 05: *A.3.4.5 (Added) Vehicle operators, bicyclists and joggers are prohibited from using cell phones or other similar listening devices while in the traffic environment. These devices impede hearing and detection of impending danger. Personnel will not operate or use hand held cellular telephones while operating motor vehicles in the traffic environment. The use of hand free cellular equipment is allowed, but operators must use caution because of the potential for driver distraction.*

HR TRAINING

REQUEST FOR PERSONNEL ACTION (RPA) TRAINING

Monday 27 February 2006 1400-1600

NAF HRC Training Room

PLEASE RSVP WITH SANDY, 396-4304, NLT 22 FEB 06

Adrea Parker Selected as HR Specialist

Adrea Parker, NAF HR Assistant has been selected as a HR Specialist in the Fort Bragg NAF Office. As a HR Assistant, Adrea was the staffer for Lodging, Airborne Lanes, Dragon Lanes, the Green Beret Club, Rod & Gun and Sports USA (Theme).

Baumholder, Germany is where Adrea's career started in the HR arena. While in Baumholder, Germany she held the positions of Personnel Clerk, a GS-4 and temporarily served as a military personnel clerk.

In 1997, Adrea relocated to Fort Hood, Texas and served in a developmental position to become a staffer.

Adrea started with Fort Bragg NAF HRC in May of 2002 as a NAF Human Resources Assistant working the Job Information Center. She was later re-promoted to staffing.

Please join with us in congratulating Adrea for being selected as a HR Specialist.

SPOUSES TO TEACHERS

Participating States:

California, Colorado, Florida,
Georgia, Texas, Virginia,
Kansas, Nebraska, Nevada,
New Mexico, Utah, Louisiana,
North Carolina & South
Carolina

Eligible Spouses:

- **Spouses of active duty personnel**
- **Spouses of members of Selected Reserve and National Guard**
- **Spouses of members of Individual Ready Reserve currently serving on active duty**

Spouses to Teachers (STT) is proudly represented in fourteen (14) states. The program is designed to assess the needs of spouses relative to becoming a teacher. The program provides support to America's schools and will provide various information and services related to becoming a teacher. Limited funding will be provided to eligible spouses to reimburse the cost of tests required for state teacher licensure/certification. Maximum available financial assistance is $600 per person.

For complete information on ***Spouses to Teachers*** *click below to go to website:*

http://www.spousestoteachers.com/pages/8/index.htm

Here's to Your Health . . .

What are the health benefits of humor and laughter?
The sound of roaring laughter is far more contagious than any cough, sniffle, or sneeze. Humor and laughter can cause a domino effect of joy and amusement, as well as set off a number of positive physical effects.

Lighten Up – Enjoy Life – It's not that Serious – Laugh to Live

Laughter lowers blood pressure. People who laugh heartily on a regular basis have lower standing blood pressure than the average person. When people have a good laugh, initially the blood pressure increases, but then it decreases to levels below normal. Breathing then becomes deeper which sends oxygen enriched blood and nutrients throughout the body.

Humor changes our biochemical state. Laughter decreases stress hormones and increases infection fighting antibodies. It increases our attentiveness, heart rate, and pulse.

Laughter protects the heart. Laughter, along with an active sense of humor, may help protect you against a heart attack, according to the study at the University of Maryland Medical Center (cited above). The study, which is the first to indicate that laughter may help prevent heart disease, found that people with heart disease were 40 percent less likely to laugh in a variety of situations compared to people of the same age without heart disease.

Laughter gives our bodies a good workout. Laughter can be a great workout for your diaphragm, abdominal, respiratory, facial, leg, and back muscles. It massages abdominal organs, tones intestinal functioning, and strengthens the muscles that hold the abdominal organs in place. Not only does laughter give your midsection a workout, it can benefit digestion and absorption functioning as well. It is estimated that hearty laughter can burn calories equivalent to several minutes on the rowing machine or the exercise bike.

Proverbs says, "A cheerful heart is a good medicine, but a downcast spirit dries up the bones." Humans are designed to laugh and use humor to balance their lives.

NOW – EVERYBODY LAUGH!

Websites for Social Activities in and Around Fayetteville

http://www.fayettevillenc2.net/pub_search.php

Click here for community events calendar

Click here for arts and entertainment in Fayetteville

Click MWR Calendar of Events

Ringling Brothers Barnum & Baily Circus

CROWN CENTER

WEDNESDAY - 22 FEB

THROUGH

SUNDAY - 26 FEB 06

Tickets available at Ticket & Tours